

Fresh Food – Not Fast Food

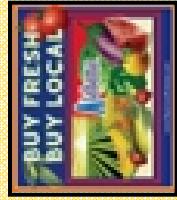
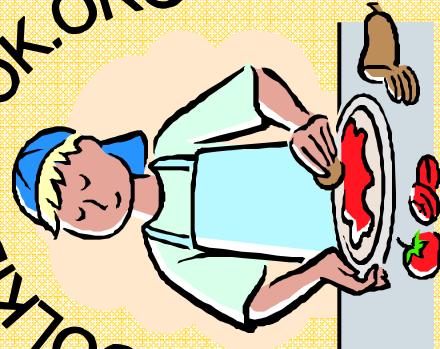
Just the facts

**Fact: BY THE
YEAR 2010-**
**30% of American
Kids will be obese.
It's a problem we
can no longer
ignore.**

Fact: We spend more on fast food than on college, computers, soft-ware, new cars, or on movies, books, magazines, newspapers, videos and music COMBINED.

A seven-week after school program which teaches valuable life and nutritional lessons through creative hands-on, low cost cooking classes.

KIDS COOK



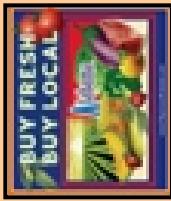
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A Faith Based Non Profit Organization

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*Cool Kids supports our
local farmers.*



Look for this Label at Local
Farmers Markets and Farm
Stands for
Fresh, Locally Grown Fruits
and Vegetables.

"Buy Fresh, Buy Local!"

Healthy Produce comes from Alabama Farmers

Special thanks to the Alabama Department of Agriculture and Industry, Commissioner Ron Sparks, and his fine staff for your generous support.

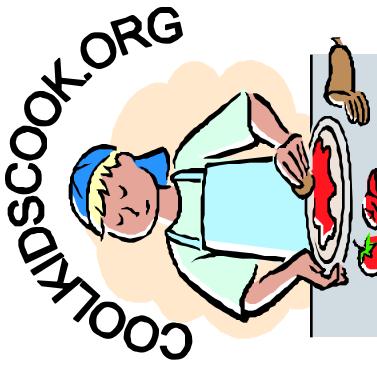


Program Objectives- kids will

- Learn alternatives to fast food
- Learn to read food labels
- Learn to clean and prepare food
- Learn real lessons in science, language, math and creativity.
- Learn the food pyramid
- Learn how to incorporate more fruits and vegetables in daily meals
- Learn to lower salt, sugar and fat intake
- Learn to pack a nutritious lunches
- Teach parents how to help their children make healthier choices
- Teach parents how to cook with their children

Overview

COOLKIDSCOOK.org is faith based non-profit organization created to promote hands-on cooking classes for children ages 5 to 16 years old. Cool Kids Cook recognized the combined need for an effective method to fight against childhood obesity, type 2 diabetes, high cholesterol and quality cost effective after-school activities. Therefore, we set out to establish a creative innovative class to remedy the identified issues. The Cool Kids Cook seven-week program not only teaches children how to cook, but also provides behavior-focused nutritional lessons; focusing on families eating together and bringing cooking back into the homes.



**Heart disease, type
2 diabetes, high
cholesterol and
strokes. And they
are only kids.**

**It's a problem we no
longer can ignore.**



**"Train up a child in the way he
should go when he is old he will
not depart from it"**

- Proverbs 22:6